

# E475

**MODEL NO. 354.15527**

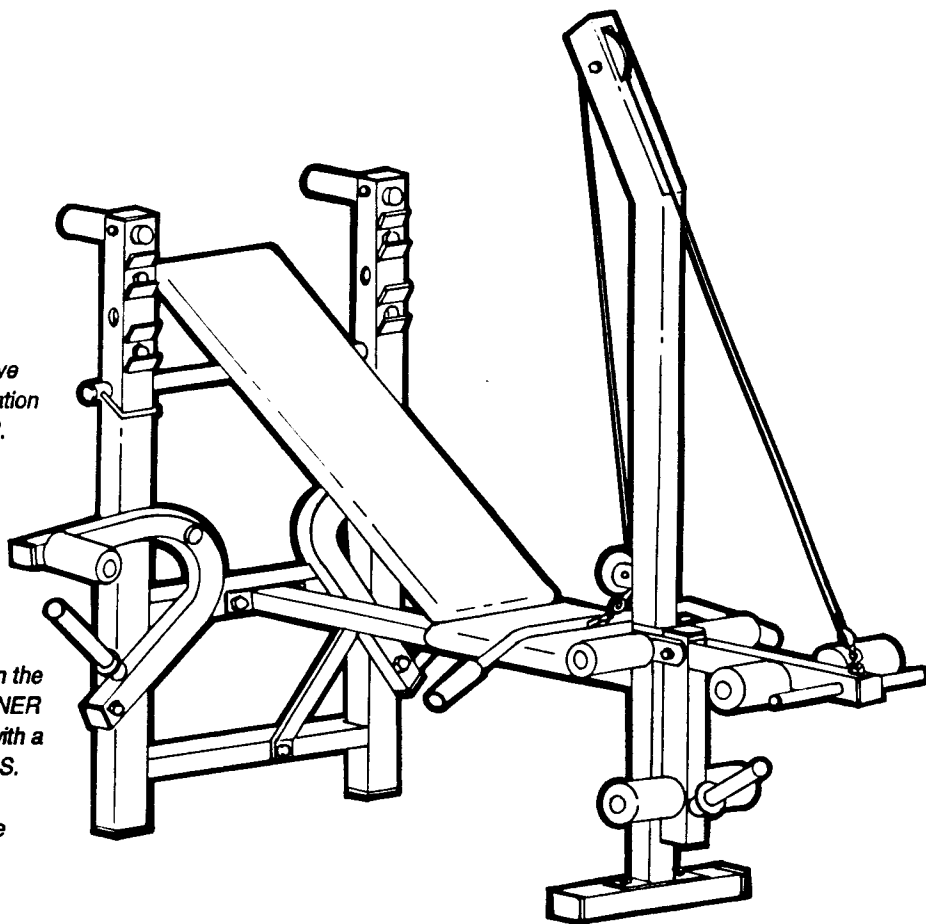
## **WAIT, READ THIS FIRST!**

*If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.*

*The ASSEMBLY MANUAL  
MODEL NUMBER of this UNIT  
PART NAME or DESCRIPTION  
ORDERING NUMBER  
THE QUANTITY of each part that you need*

*THE MODEL NUMBER of this unit is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER starts with a LETTER and is followed by 3 or 4 NUMBERS.*

*THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.*



## **weider®** **OWNER'S MANUAL**

WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. **AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT.** Call our "CUSTOMER ASSISTANCE LINE" for immediate assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

**IMPORTANT:** Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

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**WEIDER HEALTH AND FITNESS**  
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

# PART LIST E475

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	UPRIGHT	1	C1239-F03*F03
2	BAR HOLDER BRACKET	4	C1241-F03*F03
3	MAIN FRAME	1	C3172-F03*F03
4	FRONT FOOT	1	C3173-F03*F03
5	ANGLE BRACKET	1	C6356-F03*F03
6	LEG CURL	1	C3174-F03*F03
7	WEIGHT PIN - 1" X 13 3/4"	1	C3175-F03*F03
8	FOAM ROLLER - 3" X 5 3/4"	6	C0434-C07*F03
9	FOAM ROLLER - 2 1/4" X 6"	2	C0449-E08*F03
10	PAD BAR - 3/4" X 13 1/2"	2	C6357-F03*F03
11	PAD BAR - 3/4" X 14"	1	C6358-F03*F03
12	DIP BAR 1" X 8"	2	C1240-F03*F03
13	FOAM GRIP - 1" X 5"	4	C0417-B05*F03
14	BACKREST	1	C1368-F03*F03
15	SEAT	1	C1369-F03*F03
16	LONG ANGLE IRON	2	C6359-F03*F03
17	BACKREST ADJUST BAR	1	C6064-A14*F03
18	RIGHT BUTTERFLY	1	C6360-F03*F03
19	LEFT BUTTERFLY	1	C6361-F03*F03
20	BUTTERFLY WEIGHT PIN - 1" X 11"	2	C6362-F03*F03
21	BUTTERFLY PAD BAR - 3/4" X 9"	2	C6363-F03*F03
22	MAST	1	C6364-F03*F03
23	PULLEY - 4"	1	AA-8150*F03
24	PULLEY - 2 7/8"	1	AA-8185*F03
25	LONG CABLE 59"	1	C6365-F03*F03
26	SHORT CABLE 51 1/2"	1	C6366-F03*F03
27	LAT BAR	1	C6803-D35*F03
28	WEIGHT BAR	1	C6208-C19*F03
48	3/4" LONG PLASTIC BUSHING	4	AA-8142*F03
49	5/16" PLAIN HEX NUT	1	HH-5296*F03
50	5/16" X 3" HEX HEAD BOLT	6	HH-5167*F03
51	5/16" X 2 1/2" HEX HEAD BOLT	3	HH-5053*F03
52	5/16" X 2 3/4" HEX HEAD BOLT	4	HH-5058*F03
53	3/8" X 3" HEX HEAD BOLT	1	HH-5059*F03
54	1/4" X 3/4" MACHINE SCREW	6	HH-5022*F03
56	1/4" X 2" MACHINE SCREW	2	HH-5256*F03
57	5/16" X 5" HEX HEAD BOLT	2	HH-5328*F03
58	3/8" X 2 3/4" HEX HEAD BOLT	1	HH-5238*F03
59	3/8" X 1 3/4" HEX HEAD BOLT	1	HH-5308*F03
60	5/16" NYLON LOCK NUT	16	HH-5012*F03
61	5/16" FLAT WASHER	9	HH-5127*F03
62	3/8" NYLON LOCK NUT	4	HH-5088*F03
63	1/4" NYLON LOCK NUT	2	HH-5011*F03
64	3/8" FLAT WASHER	2	HH-5265*F03
65	BUSHING 1/2" X 3/4"	2	AA-8142*F03
66	BUSHING 5/8" X 1/2"	2	AA-8186*F03
67	5/16" EYELET BOLT	1	HH-5325*F03
68	S-HOOK	3	WW-7030*F03
69	SPRING PIN	2	WW-7038*F03
70	2 1/2" SQUARE PLASTIC CAP	4	AA-8013*F03
71	1" ROUND PLASTIC CAP	11	AA-8005*F03
72	2" SQUARE PLASTIC CAP	5	AA-8002*F03

# PART LIST E475

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
73	1" COVER CAP - 15	1	AA-8070*F03
74	WEIGHT STOP	3	AA-8112*F03
75	3/4" ROUND PLASTIC CAP	8	AA-8004*F03
76	1 1/2" SQUARE INSERT CAP	2	AA-8001*F03
77	1/2" X 3" PLASTIC BUSHING	2	AA-8187*F03
78	7/8" X 2" PLASTIC BUSHING	2	AA-8188*F03
79	1" COVER CAP	2	AA-8093*F03
80	UPRIGHT DECAL	1	DE-4180*F03
81	MAST DECAL	1	DE-4181*F03
	HARDWARE BAG (NUTS & BOLTS)	1	C5940-F03*F03
	HARDWARE BAG (PLASTICS)		C5941-F03*F03
	ASSEMBLY MANUAL		NN-1154*F03

## BEFORE BEGINNING ASSEMBLY READ THE FOLLOWING

BY READING AND FOLLOWING THE ASSEMBLY INSTRUCTIONS, YOU WILL FIND THAT THIS UNIT GOES TOGETHER EASILY. THIS UNIT TAKES APPROXIMATELY ONE HOUR OF ASSEMBLY TIME.

1. TOOLS REQUIRED FOR ASSEMBLY INCLUDE: A HAMMER, PLIERS, MEDIUM SIZE FLAT HEAD SCREWDRIVER, AND TWO 6" ADJUSTABLE WRENCHES.
2. PRIOR TO BEGINNING THE ASSEMBLY OF THIS PRODUCT WE RECOMMEND THAT YOU TAKE A FEW MINUTES TO UNPACK AND LAY OUT ALL THE PARTS SO THEY CAN BE EASILY IDENTIFIED. IT IS EXTREMELY HELPFUL IF THE CONTENTS OF THE HARDWARE BAG ARE EMPTIED OUT AND LIKE PARTS GROUPED TOGETHER; I.E. 5/16" X 3" HEX HEAD BOLTS TOGETHER, ETC. A HANDY PLACE TO HOLD THE HARDWARE MIGHT BE TO USE THE INSIDE OF THE CARTON TOP. AFTER GROUPING PARTS AGAINST THE PARTS LIST TO IDENTIFY PARTS AND SIZES, WRITE THE SIZE AND PART NAME BESIDE EACH PART SO YOU KNOW EXACTLY WHICH PART TO GO TO FOR A PARTICULAR ITEM.
3. THE ASSEMBLY INSTRUCTIONS HAVE BEEN WRITTEN USING CHECK AS YOU GO ASSEMBLY METHOD. BY CHECKING THE BOXES AS YOU GO IT IS VERY EASY TO FOLLOW ALONG THE ASSEMBLY WITHOUT REREADING TO FIND YOUR PLACE IN THE ASSEMBLY.

YOU WILL ALSO NOTICE THAT AT THE BEGINNING OF EACH ASSEMBLY STEP THERE IS A HARDWARE LIST SHOWING THE QUANTITY AND DESCRIPTION OF THE HARDWARE REQUIRED TO DO ALL ASSEMBLIES IN THAT STEP. BY PRE-SELECTING THE HARDWARE FOR EACH STOP YOU WILL SAVE TIME AND CONFUSION.

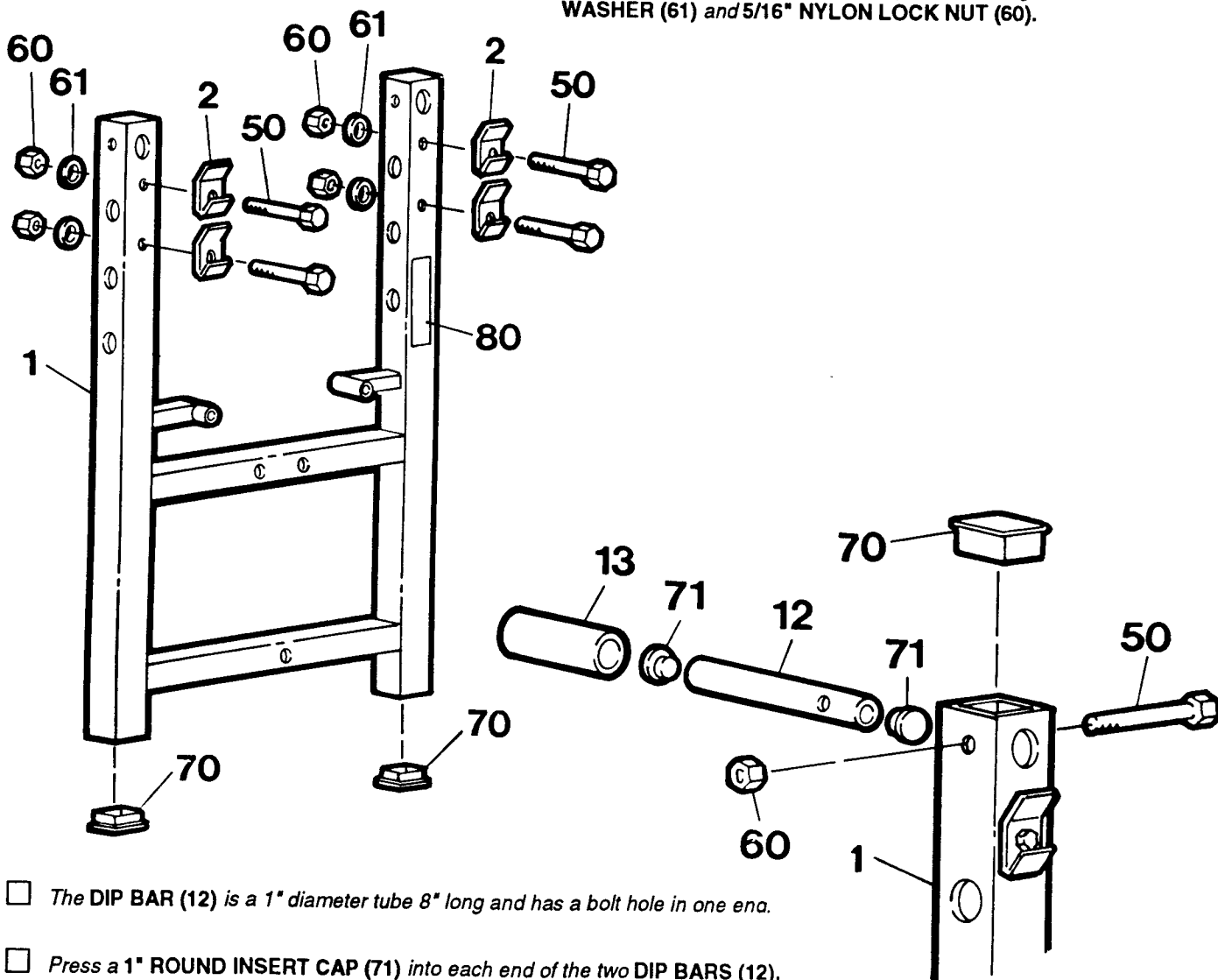
4. TAKE NOTE OF ANY SPECIAL WARNINGS, CAUTIONS, NOTES OR NOTICES. LAY OUT UNASSEMBLED PARTS: FAMILIARIZE YOURSELF WITH THE DRAWINGS THEN READ AND UNDERSTAND THE INSTRUCTIONS THOROUGHLY.
5. THIS PRODUCT MUST BE ASSEMBLED BY AN ADULT PRIOR TO USE.
6. DO NOT DESTROY THE PACKING AND CARTON UNTIL THE UNIT IS COMPLETELY ASSEMBLED.
7. DO NOT DESTROY THE INSTRUCTION MANUAL, USE IT FOR ORDERING REPLACEMENT PARTS.
8. TO HELP SECURE PLASTIC CAPS IN TUBING IT IS ADVISABLE TO GLUE ON ALL PLASTIC CAPS DURING ASSEMBLY USING ANY HOUSEHOLD TYPE GLUE.
9. PERIODICALLY CHECK THE UNIT FOR BOLT TIGHTNESS AND PARTS WEAR TO INSURE THAT YOUR EQUIPMENT IS KEPT IN TOP CONDITION.

**STEP 1 UPRIGHT ASSEMBLY**

PART NAME	QTY
50 5/16" X 3" HEX HEAD BOLT	6
60 5/16" NYLON LOCK NUT	6
61 5/16" FLAT WASHER	4
70 2 1/2" SQUARE PLASTIC CAP	4
71 1" ROUND INSERT CAP	4

☐ Into the bottom end of UPRIGHT (1) press a 2 1/2" SQUARE PLASTIC CAP (70) into each side.

☐ Bolt each BAR HOLDER BRACKET (2) to the front of UPRIGHT (1) into the small second and third holes by first inserting 5/16" X 3" HEX HEAD BOLT (50) through the BAR HOLDER BRACKET (2), then through the hole in the UPRIGHT (1) and securing with a 5/16" FLAT WASHER (61) and 5/16" NYLON LOCK NUT (60).



☐ The DIP BAR (12) is a 1" diameter tube 8" long and has a bolt hole in one end.

☐ Press a 1" ROUND INSERT CAP (71) into each end of the two DIP BARS (12).

☐ Assemble the end of the Dip Bar with the bolt hole into the upper large hole in the UPRIGHT (1). Align the bolt hole of the Dip Bar with the bolt hole on the side of the UPRIGHT (1) and secure with 5/16" X 3" HEX HEAD BOLT (50) and 5/16" NYLON LOCK NUT (60).

☐ Apply a small amount of liquid dish detergent to each Dip Bar to act as a lubricant and slide on a FOAM GRIP 1" X 5" (13) onto each Bar.

☐ Into the top end of UPRIGHT (1) press a 2 1/2" SQUARE PLASTIC CAP (70).

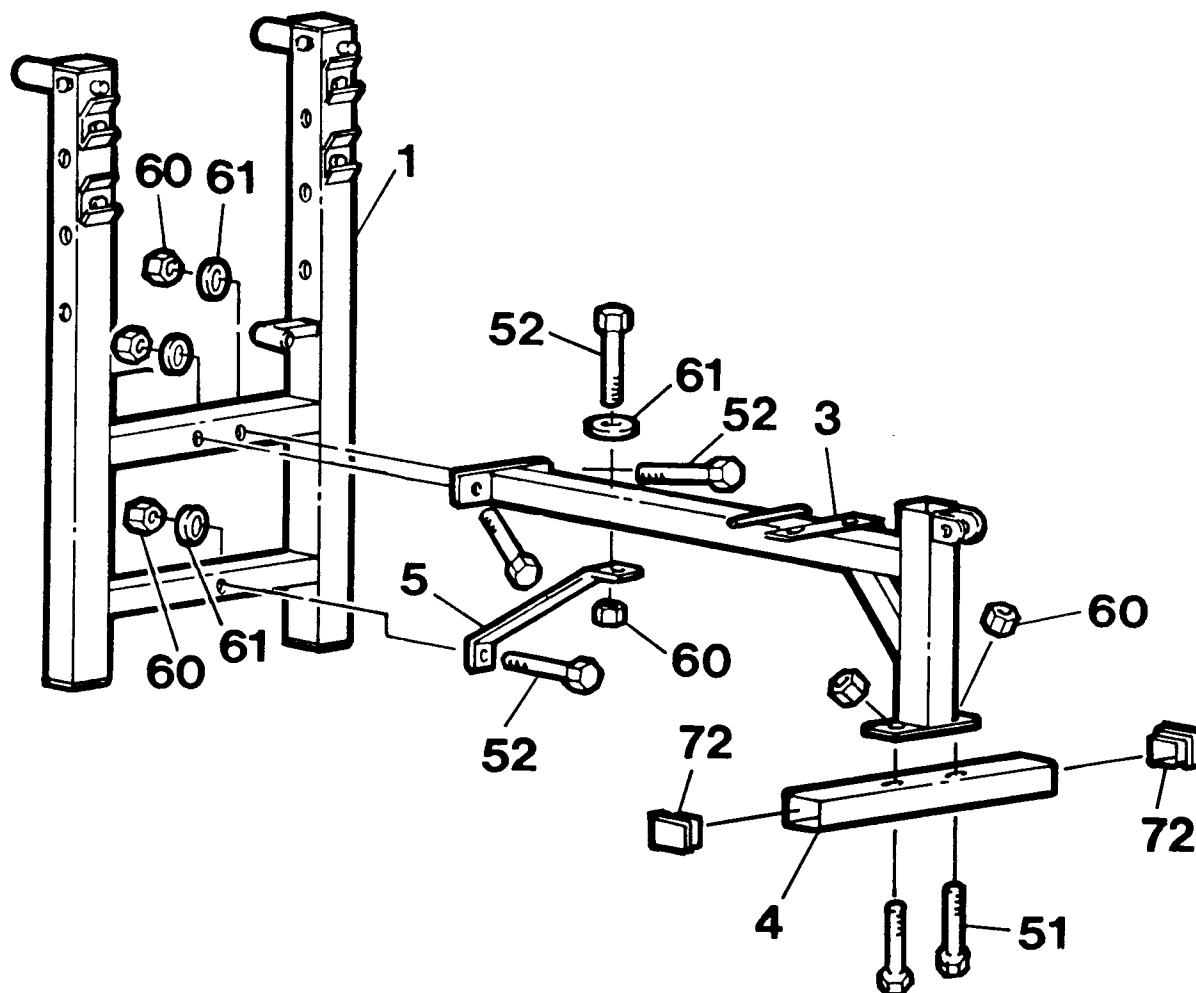
☐ Apply the UPRIGHT DECAL (80) to UPRIGHT (1) in a straight line approximately 3 inches below the bottom BAR HOLDER BRACKET (2).

**STEP 2 MAIN FRAME ASSEMBLY**

PART NAME	QTY
51 5/16" X 2 1/2" HEX HEAD BOLT	2
52 5/16" X 2 3/4" HEX HEAD BOLT	4
60 5/16" NYLON LOCK NUT	6
61 5/16" FLAT WASHER	4
72 2" SQUARE PLASTIC CAP	2

☐ Press a 2" SQUARE PLASTIC CAP (72) into each end of FRONT FOOT (4).

☐ The FRONT FOOT (4) has one side of the tube that has the bolt holes dimpled-in. This is the side of the tube that will face the floor.



☐ Attach FRONT FOOT (4) to front leg of MAIN FRAME (3) by inserting 5/16" X 2 1/2" HEX HEAD BOLTS (51) up through the bottom of the Front Foot and through the flat bracket on the base of the front leg. Secure with 5/16" NYLON LOCK NUTS (60).

☐ Attach rear flat bracket of MAIN FRAME (3) to upper crossbar of UPRIGHT (1). Insert 5/16" X 2 3/4" HEX HEAD BOLTS (52) through flat bracket then crossbar and securing with 5/16" FLAT WASHERS (61) and 5/16" NYLON LOCK NUTS (60).

☐ Assemble ANGLE BRACKET (5) to bottom of MAIN FRAME (3) and UPRIGHT (1). Place a 5/16" FLAT WASHER (61) onto a 5/16" X 2 3/4" HEX HEAD BOLT (52) and insert through hole in rear of MAIN FRAME (3). Place one end of ANGLE BRACKET (5) onto BOLT (52) and secure with 5/16" NYLON LOCK NUT (60). Finger tighten only.

☐ Insert 5/16" X 2 3/4" HEX HEAD BOLT (52) through opposite end of ANGLE BRACKET (5) and secure with 5/16" FLAT WASHER (61) and 5/16" NYLON LOCK NUT (60).

☐ Tighten securely both bolts of the Angle Bracket and any other frame bolts that you may not have completely tightened.

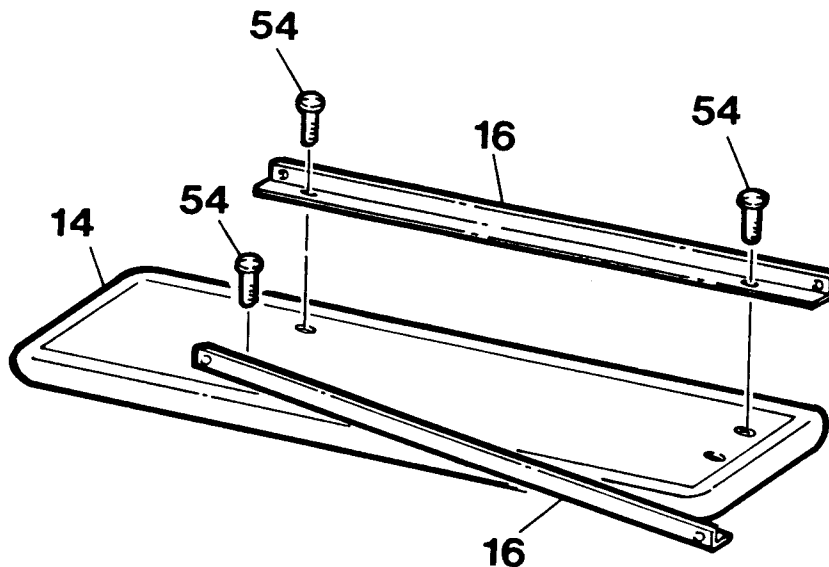
**STEP 3 BACKREST ASSEMBLY**

PART NAME	QTY
54 1/4" X 3/4" MACHINE SCREW	3

- » Turn the **BACKREST (14)** over so the side with the holes is showing. The end of the **BACKREST (14)** where the hole pattern is closest to the end is the bottom of the Backrest.

- ☐ Attach one **LONG ANGLE IRON (16)** to one side of the **BACKREST (14)** with **1/4" X 3/4" MACHINE SCREWS (54)**. The flat side of the Angle Iron should face the outside of the Pad.

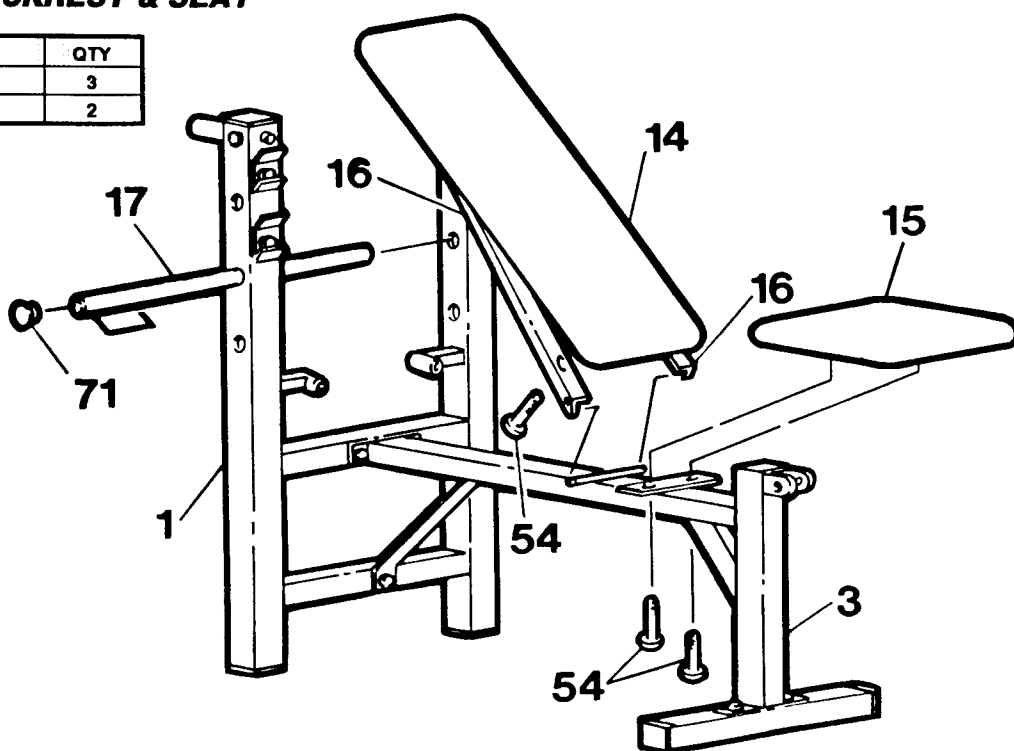
- ☐ Loosely attach the opposite **LONG ANGLE IRON (16)** to the other side using only one **1/4" X 3/4" MACHINE SCREW (54)** in the top hole only. This screw should be in far enough to hold the Angle Iron but loose enough that the Angle Iron can swing freely.

**STEP 4 ATTACHING BACKREST & SEAT**

PART NAME	QTY
54 1/4" X 3/4" MACHINE SCREW	3
71 1" ROUND PLASTIC INSERT CAP	2

- ☐ Press a **1" ROUND PLASTIC CAP (71)** into each end of **BACKREST ADJUST BAR (17)** and assemble Bar into any of the hole patterns in **UPRIGHT (1)**. The Backrest Adjust Bar is used to adjust the Backrest into 3 different positions when working out.

- ☐ Lean the top of the **BACKREST (14)** against the **BACKREST ADJUST BAR (17)** and assemble attached **LONG ANGLE IRON (16)** into one side of the pivot rod (small round solid bar welded to Main Frame).



- ☐ Swing the loose **LONG ANGLE IRON (16)** into its proper position and onto the opposite end of the pivot tube. Secure by assembling fourth **1/4" X 3/4" MACHINE SCREW (54)** into lower hole of **BACKREST (14)** and completely tightening all screws.

- ☐ Align holes in bottom of **SEAT (15)** with holes in flat bracket welded to the front of **MAIN FRAME (3)** and securing with two **1/4" X 3/4" MACHINE SCREWS (54)**.

**STEP 5 LEG CURL**

PART NAME	QTY
49 5/16" PLAIN HEX NUT	1
51 5/16" X 2 1/2" HEX HEAD BOLT	1
53 3/8" X 3" HEX HEAD BOLT	1
60 5/16" NYLON LOCK NUT	2
61 5/16" FLAT WASHER	1
62 3/8" NYLON LOCK NUT	1
67 5/16" EYELET BOLT	1
71 1" ROUND INSERT CAP	3
72 2" SQUARE PLASTIC CAP	2
73 1" COVER CAP - 15	1
74 WEIGHT STOP	1
75 3/4" ROUND PLASTIC CAP	6

» There are three Pad Bars packed with this unit. Two PAD BARS (10) are 3/4" in diameter and 13 1/2" long. One PAD BAR (11) is 3/4" in diameter and 14" long.

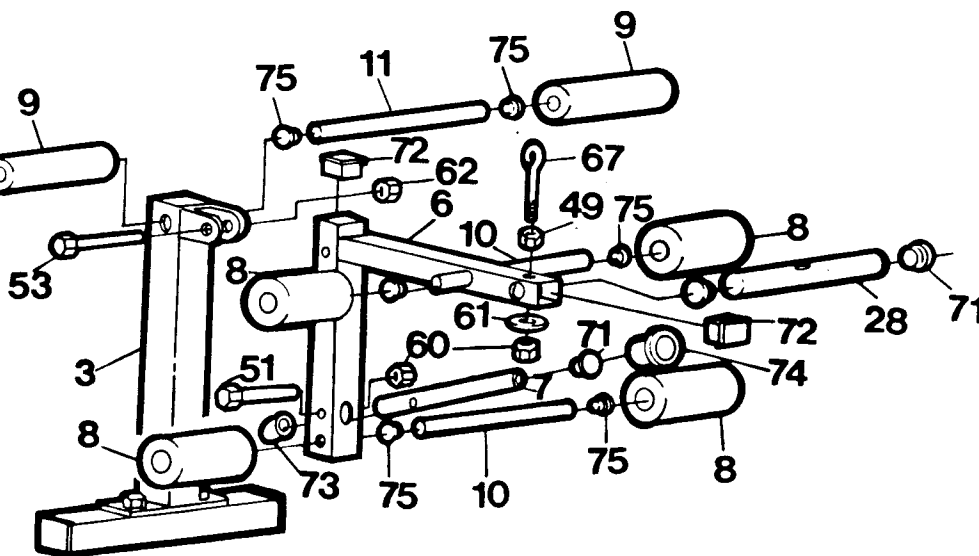
☐ Press 3/4" ROUND PLASTIC CAPS (75) into the ends of each of the PAD BARS (10) and (11). Lay these aside until later.

☐ The WEIGHT PIN (7) is a round tube 1" in diameter and 13 3/4" long with a bolt hole near one end.

☐ Assemble the WEIGHT PIN (7) through the angled hole on the front of the LEG CURL (6). Align the bolt holes and fasten securely with 5/16" X 2 1/2" HEX HEAD BOLT (51) and 5/16" NYLON LOCK NUT (60).

☐ Press a 1" ROUND INSERT CAP (71) into the front end of the WEIGHT PIN (7) and to the back end place the 1" COVER CAP WITH A 15 DEGREE ANGLE (73). The COVER CAP (73) should be oriented to fit the angle of the Weight Pin Tube.

☐ Slide the WEIGHT STOP (74) (flanged side to the outside) onto the WEIGHT PIN (7) all the way to the Leg Curl Frame.



☐ Assemble the LEG CURL (6) between the leg curl brackets on the MAIN FRAME (3) and secure with 3/8" X 3" HEX HEAD BOLT (53) and 3/8" NYLON LOCK NUT (62). This bolt should be tightened, but not so tight that the Leg Curl can not swing freely. Swing the Leg Curl several times and adjust the tightness accordingly.

☐ Apply a small amount of liquid dish detergent onto the PAD BARS (10) and (11) near the ends. This acts as a lubricant to assemble the Foam Rollers and then as an adhesive after it dries.

☐ To the longest PAD BAR 3/4" X 14" (11) slide on one FOAM ROLLER 2 1/4" X 6" (9). Insert the PAD BAR (11) through the front leg of the MAIN FRAME (3) behind the leg curl brackets and slide on the other FOAM ROLLER 2 1/4" X 6" (9).

☐ To the other PAD BARS 3/4" X 13 1/2" (10) slide one each of FOAM ROLLERS 3" X 5 3/4" (8) onto one end. Assemble each Pad Bar through two large holes in LEG CURL (6) and assemble on the other FOAM ROLLERS 3" X 5 3/4" (8).

☐ Press 2" SQUARE PLASTIC CAPS (72) into top of front end of LEG CURL (6).

» The WEIGHT BAR (28) is a round tube 1" in diameter and 12" long and has a bolt hole in the center.

☐ Press a 1" ROUND PLASTIC CAP (71) into both ends of the WEIGHT BAR (28).

☐ Into largest hole on end of LEG CURL (6) assemble the WEIGHT BAR (28). Thread the 5/16" PLAIN HEX NUT (49) all the way to the top threads of EYELET BOLT (67) and insert through the Leg Curl and Weight Bar and secure with 5/16" FLAT WASHER (61) and 5/16" NYLON LOCK NUT (60).

**STEP 6 BUTTERFLY ASSEMBLY**

PART NAME	QTY
56 1/4" X 2" MACHINE SCREW	2
57 5/16" X 5" HEX HEAD BOLT	2
60 5/16" NYLON LOCK NUT	2
63 1/4" NYLON LOCK NUT	2
69 SPRING PIN	2
71 1" ROUND PLASTIC CAP	2
74 WEIGHT STOP	2
75 3/4" ROUND PLASTIC CAP	2
76 1 1/2" SQUARE PLASTIC CAP	2
77 1/2" X 3" LONG PLASTIC BUSHING	2
78 7/8" X 2" PLASTIC BUSHING	2

\* There are two Butterfly Arms with this unit, a **RIGHT BUTTERFLY (18)** and a **LEFT BUTTERFLY (19)**. Instructions are given for one and are repeated to complete the other.

☐ The **BUTTERFLY WEIGHT PIN (20)** is 1" in diameter and 11" long and has a bolt hole near one end. Press a **1" ROUND PLASTIC CAP (71)** into the end of the Weight Pin that does not have the bolt hole.

☐ Assemble the opposite end of the **WEIGHT PIN (20)** into the angled hole through the front of the Butterfly Frame. Align the bolt holes.

☐ The Butterfly Frame has a welded tube extending from one side. Through the opposite side of the welded tube, insert the **5/16" X 5" HEX HEAD BOLT (57)** through the tube and **WEIGHT PIN (20)**. Place a **1/2" X 3" PLASTIC BUSHING (77)** on this bolt and secure with a **5/16" NYLON LOCK NUT (60)**. This acts as a stop for the Butterfly.

☐ The **BUTTERFLY PAD BAR (21)** is 3/4" in diameter and 9" long and has a bolt hole near one end. Insert the end with the bolt hole into the Butterfly Frame and the end of the tube on the opposite side of the welded tube. Align bolt holes and attach securely with **1/4" X 2" MACHINE SCREW (56)** and **1/4" NYLON LOCK NUT (63)**.

☐ Press a **3/4" ROUND PLASTIC CAP (75)** into the end of **BUTTERFLY PAD BAR (21)**.

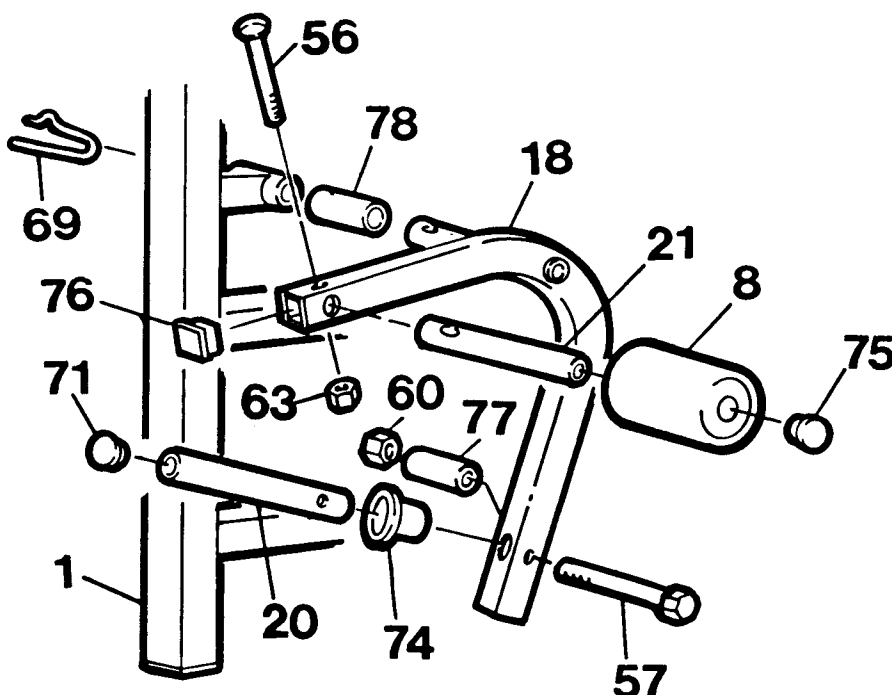
☐ Again with the use of a small amount of dish detergent slide **FOAM PAD 3" X 5 3/4" (8)** onto **BUTTERFLY PAD BAR (21)**.

☐ Press **1 1/2" SQUARE PLASTIC CAP (76)** into end of Butterfly Frame.

☐ Slide a **WEIGHT STOP (74)** onto **WEIGHT PIN (20)** (flanged side to the outside).

☐ Assemble **7/8" X 2" PLASTIC BUSHING (78)** onto welded tube. Place entire Butterfly Assembly onto Upright by inserting welded tube into round welded horizontal tube on **UPRIGHT (1)**.

☐ Insert **SPRING PIN (69)** into center of assembly (round end first) making sure the side of the **SPRING PIN (69)** that has a raised section is aligned with the hole in the welded tube on the Butterfly Frame. Push the Spring Pin into the welded tube until you hear the pin click as the raised section exits the hole.





**STEP 7 MAST ASSEMBLY**

PART NAME	QTY
23 4" PULLEY	1
24 2 7/8" PULLEY	1
48 3/4" PLASTIC BUSHING	4
58 3/8" X 2 3/4" HEX HEAD BOLT	1
59 3/8" X 1 3/4" HEX HEAD BOLT	1
62 3/8" NYLON LOCK NUT	2
64 3/8" FLAT WASHER	2
65 1/2" X 3/4" BUSHING	2
66 5/8" X 1/2" BUSHING	2
67 5/16" EYELET BOLT	1
68 S HOOK	3
72 2" SQUARE PLASTIC CAP	1
79 1" ROUND PLASTIC COVER CAP	2

☐ Tie a knot in ends of CABLES (25) and (26). Loop cable ends and insert loops through 3/4" PLASTIC BUSHINGS (48).

☐ Insert S HOOK (68) through cable loop on one end of each CABLE (25) and (26).

☐ Assemble MAST (22) into front leg of MAIN FRAME (3). The PAD BAR (11) will have to be removed to assemble and can be replaced after the Mast is installed.



☐ Cap top of MAST (22) with 2" SQUARE PLASTIC CAP (72).

☐ Place a 3/8" FLAT WASHER (64) and 5/8" X 1/2" BUSHING (66) onto a 3/8" X 2 3/4" HEX HEAD BOLT (58).

☐ Insert 1/2" X 3/4" BUSHING (65) into 4" PULLEY (23). Drape LONG CABLE 59" (25) over top of PULLEY (23) and position in slot at top of MAST (22) with Cable extending out to the front and back of Mast slot.

☐ Insert 3/8" X 2 3/4" HEX HEAD BOLT (58) with Flat Washer and Bushing through MAST (22) and 4" PULLEY (23). Place another 5/8" X 1/2" BUSHING (66) and 3/8" FLAT WASHERS (64) onto the Bolt and secure with 3/8" NYLON LOCK NUT (62).

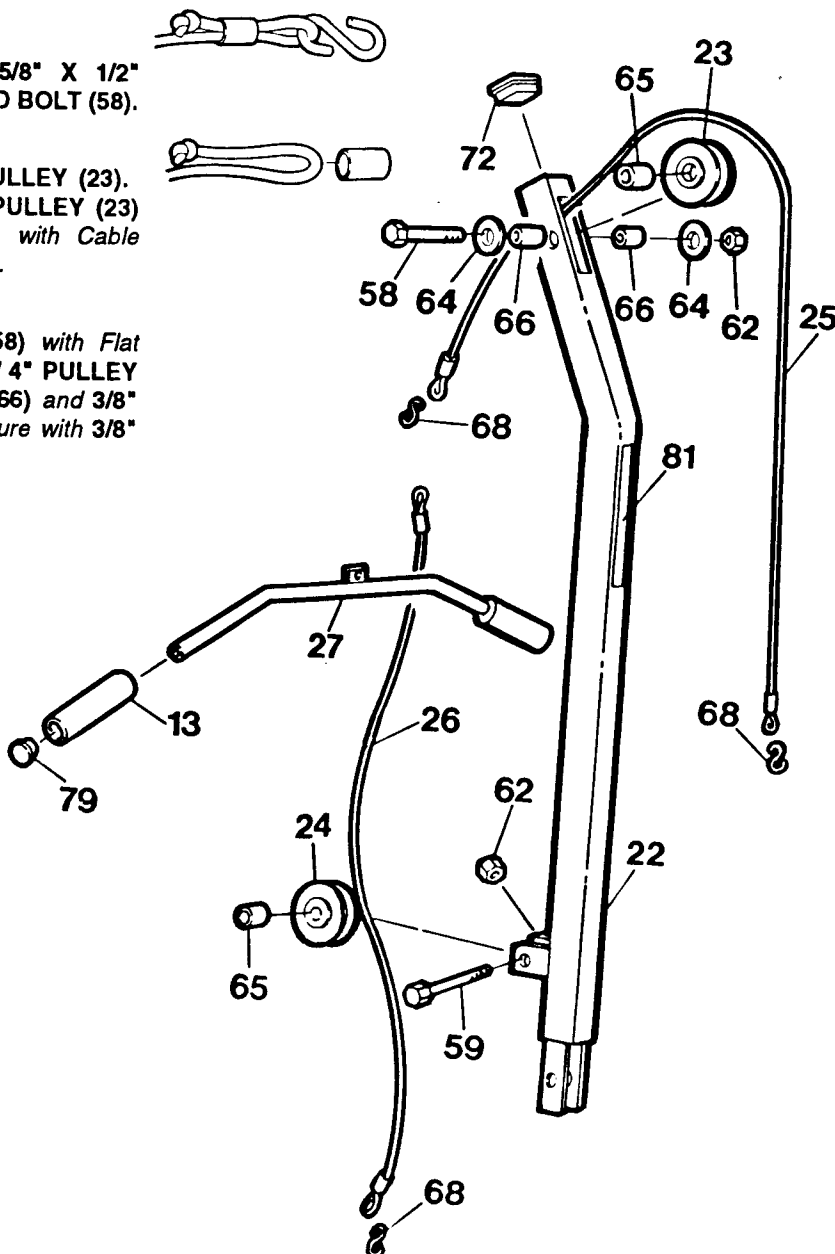
☐ Insert 1/2" X 3/4" BUSHING (65) into 2 7/8" PULLEY (24). Drape SHORT CABLE 51 1/2" (26) over top of PULLEY (24) and assemble into lower Pulley Brackets on MAST (22). Secure with 3/8" X 1 3/4" HEX HEAD BOLT (59) and 3/8" NYLON LOCK NUT (62).

☐ Connect the two CABLES (25) and (26) with S HOOK (68).

☐ Connect the LONG CABLE 59" (25) to the 5/16" EYELET BOLT (67) on the front of the LEG CURL (6) with S HOOK (68).

☐ Press 1" ROUND PLASTIC COVER CAPS (79) into ends of LAT BAR (27).

☐ With the help of a small amount of liquid dish detergent slide on FOAM GRIPS 1" X 5" (13) onto each end of LAT BAR (27).



## **USING MAST ASSEMBLY**

### **STEP 1 ROWING AND CURLS**

Insert Mast Assembly into Front Leg. Connect loop on Long Cable into Eyelet Bolt on end of Leg Curl. Use S Hook to connect Long Cable to Short Cable and then to Lat Bar. With this configuration Rowing and Curl Exercises may be performed. Free weights can be loaded on either or both the Weight Pin or the Weight Bar.

### **STEP 2 LAT PULL DOWNS**

To do Lat Work; either sitting or standing, connect Lat Bar directly to S Hook on Long Cable. Load weight on either the Leg Curl Weight Pin or the Weight Bar.

### **STEP 3 USING DIP BARS**

It is recommended that weight should be added to the front of the bench to insure the bench will not tip backward while exercising. This can be achieved by loading free weights onto the Weight Bar or simply laying a weighted barbell across the Seat. We suggest loading on at least 50 pounds of weights or more, depending on the person's weight and type of workout.

## **REPAIR PARTS AND SERVICE**

### **IMPORTANT**

#### **BEFORE CALLING THE 800 NUMBER**

**IN ORDER TO RECEIVE SERVICE ON THIS PRODUCT YOU WILL HAVE TO FIRST SEND IN**

**YOUR WARRANTY CARD**

### **CUSTOMER SERVICE 1-800-225-0653**

ALL OF THE PARTS FOR THE WEIGHTBENCH CAN BE ORDERED FROM WEIDER HEALTH AND FITNESS, PARTS SERVICE DEPT., 900 WEST ST JOHN ST OLNEY, IL. 62450. WHEN ORDERING, PARTS WILL BE SENT AND BILLED AT THE CURRENT PRICES. PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE. STANDARD HARDWARE ITEMS ARE AVAILABLE AT LOCAL HARDWARE STORES.

**ALWAYS INCLUDE THE FOLLOWING INFORMATION WHEN ORDERING PARTS:**

**MODEL NO.    NAME OF PART    ORDERING NUMBER**

### **WARNING**

#### **CONSULT YOUR PHYSICIAN**

**CONSULT YOUR PHYSICIAN BEFORE STARTING YOUR EXERCISE PROGRAM. IT IS ADVISABLE TO HAVE A PHYSICAL EXAMINATION BY YOUR PHYSICIAN BEFORE YOU ENTER ANY EXERCISE PROGRAM.**

**FOR YOUR OWN SAFETY, DO NOT BEGIN ANY EXERCISE WITH OUT PROPER INSTRUCTION.**

#### **TRAIN WITH A PARTNER**

**IT IS RECOMMENDED THAT AN INDIVIDUAL SHOULD NOT WORK OUT WITHOUT A TRAINING PARTNER IN ATTENDANCE. SET UP YOUR PROGRAM TO ACCOMMODATE TWO PEOPLE AND YOU WILL BE HIGHLY MOTIVATED.**